سلسلة التوجيهات والإرشادات الخاصة بالقرعة الأمريكية:DVlottery

من إعداد : أخيكم ومحبكم في الله هشام قلوبي الرباطي المغربي Hicham Kalloubi

يسألكم الدّعاء.

http://www.startimes.com/f.aspx?t=35319892



ما هو برنامج WIC ؟

Woman Infants Children

هو برنامج حكومي مجانى مقدّم من طرف Food & Nutrition Service التابع ل:

United States Departement of Agricultire **لأصحاب الدخل المحدود** من المهاجرين حاملي Green Card والمواطنين الأمريكيين على السواء ، ويشمل فقط النساء الحوامل والمرضعات والرضع منذ ولادتهم حتى يبلغ الأطفال سن **5** سنوات.

حيث يتم الاستفادة من إعانات غذائية شهرية عن طريق بطاقة **WIC CARD**، ويستلزم الذهاب إلى أقرب وكالة في منطقتك بعد تحديد موعد المقابلة مسبقا، مع اصطحاب الزوج لزوجه وأطفاله، وكذا البطائق والوثائق الرسمية الخاصة بهم التي تتمّ إخبارك بها، لإجراء بعض الفحوصات الطبية وتلقي نصائح طبية وتوجيهات خاصة بكل مرحلة عمرية للأطفال.

وتجدر الإشارة أن **WIC CARD هي غير Food Stamp Card**، **ويمكن الاستفادة منهما معا**.

ويحق للمستفيد من هذا البرنامج شراء المواد الغذائية من الأسواق الكبيرة والصغيرة والتي يكون مكتوب تحتها عبارة: **WIC**.

وإذا كان ثمن المواد الغذائية المشتراة أكبر من القيمة المالية الموجودة ب ببطاقة WiC (cash-value voucher)، فيمكن آنذاك أداء الفرق بينهما، وتسمى هذه العملية ب: Split-tender transactions

كما يمكن المطالبة بزيادة أو نقصان من كمية المواد الغذائية بعد الاستشارة مع الوكالة المختصة.





طريقة التقديم:

اتصل أولاً بالوكالة الموجودة بمنطقتك أو ولايتك لتحديد موعد المقابلة، وسيتم إخبارك بكل الوثائق التي يلزم إحضارها، أنظر لأرقام الهواتف والمواقع الإلكترونية الخاصة بكل وكالةWIC.

رابط وكالات WIC حسب الولايات مع ذكر العناوين البريدية والإلكترونية والهاتف والفاكس والموقع الإلكتروني:

http://www.fns.usda.gov/wic/wic-contacts

أرقام هواتف مكاتب WIC حسب الولايات Toll-Free Numbers for WIC State Agencies:

ACL (Acoma, Canoncito & Laguna Pueblos)		**Nebraska**	1-800-942-1171
Alabama	1-888-942-4673	**Nevada**	1-800-863-8942
Alaska		**New Hampshire**	1-800-942-4321
American Samoa		**New Jersey**	1-800-328-3838
Arizona	1-800-252-5942	**New Mexico**	1-866-867-3124
Arkansas	1-800-235-0002	**New York**	1-800-522-5006
California	1-888-942-9675	**North Carolina**	1-800-367-2229
Cherokee Nation of Oklahoma		**North Dakota**	1-800-472-2286
Cheyenne River Sioux Tribe		**Ohio**	1-800-755-4769

Chickasaw Nation	1-888-436-7255	**Oklahoma**	1-888-655-2942
Choctaw Nation of Oklahoma	1-800-522-6170	**Omaha Sioux**	
Citizen Potawatomi Nation	1-800-880-9880	**Oregon**	1-800-723-3638
Colorado	1-800-688-7777	**Osage Tribal Council**	1-800-460-1006
Connecticut	1-800-741-2142	**Otoe-Missouria Tribe**	
Delaware	1-800-222-2189	**Pennsylvania**	1-800-942-9467
District de Columbia	1-800-345-1942	**Pleasant Point Passamaquoddy**	
Eastern Band of Cherokee Indians	1-800-248-6967	**Pueblo of Isleta**	
Eight Northern Indian Pueblos Cncl	1-800-734-2488	**Pueblo de San Felipe**	
Five Sandoval Indian Pueblos		**Pueblo de Zuni**	
Florida	1-800-342-3556	**Puerto Rico**	
Georgia	1-800-228-9173	**Rhode Island**	1-800-942-7434
Guam		**Rosebud Sioux Tribe**	
Hawaii	1-888-820-6425	**Sac and Fox Nation**	
Idaho	1-866-347-5484	**Santee Sioux**	
Illinois	1-800-323-4769	**Santo Domingo Tribe**	
Indiana	1-800-522-0874	**Seneca Nation**	
Indian Township Passamaquoddy		**Shoshone**	
Inter-Tribal Council of Arizona		**South Carolina**	1-800-922-4406
Inter-Tribal Council of Nevada	1-888-612-1130	**South Dakota**	1-800-738-2301
Inter-Tribal Council (Oklahoma)		**Standing Rock Sioux Tribe**	
Iowa	1-800-532-1579	**Tennessee**	1-800-342-5942

Kansas	1-800-332-6262	**Texas**	1-800-942-3678 out of state: 877-341-4491
Kentucky	1-877-597-0367	**Three Affiliated Tribes (ND)**	
Louisiana	1-800-251-2229	**Utah**	1-877-942-5437
Maine	1-800-437-9300	**Ute Mountain Ute Tribe**	
Maryland	1-800-242-4942	**Vermont**	1-800-464-4343 x7333
Massachusetts	1-800-942-1007	**Virginia**	1-888-942-3663
Michigan	1-800-942-1636	**Virgin Islands**	
Minnesota	1-800-657-3942	**Washington**	1-800-841-1410
Mississippi	1-800-545-6747	**WCD (Wichita,Caddo,& DelawareTribes)**	1-800-492-3942
Missouri	1-800-835-5465	**West Virginia**	
Mississippi Band of Choctaw Indians		**Winnebago**	
Montana	1-800-433-4298	**Wisconsin**	1-800-722-2295
Muscogee Creek Nation	1-800-648-2302	**Wyoming**	1-800-994-4769
Navajo Nation			

ما هو waiting list و Priority System ؟

في بعض الأحيان تكون وكالات **WIC** **غير قادرة** مادية لخدمة المتقدمين لهذا البرنامج، ففي هذه الحالة تقو م الوكالة بإحداث لائحة انتظار **waiting list** ثم استخدام نظام خاص، يسمى نظام الأولوية **Priority System**، لتحديد من سيحصل على خدمة WIC أولا. ويقدّم المشاركون الذين لديهم ظروف صحية خطيرة مثل فقر، نقص الوزن، اضطرابات أثناء الحمل.

ولا تتوقف الاستفادة من هذا البرنامج بالنسبة للمشاركين الذين ينتقلون إلى منطقة أو ولاية أخرى حتى يثبت قانونيا أن هؤلاء المشاركين بدؤوا يستفيدون من برنامج WIC في المنطقة أو الولاية الجديدتين.

وتقدّم الأولوية على الشكل التالي:

Priority I

The following applicants with nutrition-related medical conditions such as anemia, underweight, overweight or pre-term birth:

Pregnant Women

Breastfeeding Women

Infants

Priority II

Infants (up to 6 months of age) whose mothers participated in WIC or could have participated and had nutrition-related medical conditions.

Priority III

Children with nutrition-related medical conditions.

Priority IV

The following applicants with dietary problems (like poor diet):

Infants

Pregnant Women

Breastfeeding Women

Priority V

Children with dietary problems (like poor diet).

Priority VI

Postpartum (non-breastfeeding) women with nutrition related-medical conditions or dietary problems.

Priority VII

Current WIC participants who without providing the WIC supplemental foods could continue to have medical and/or dietary problems.

دليل الاستفادة من البرنامج حسب عدد أفراد الأسرة والدخل السنوي أو الشهري أو مرتين في الأسبوع الأسبوعي الخاص ب 48 ولاية وولايتي Hawaii و Alaska

INCOME ELIGIBILITY GUIDELINES

INCOME ELIGIBILITY GUIDELINES					
(Effective from July 1, 2015 to June 30, 2016)					
Reduce Price Meals – 185%					
Household Size	**Annual**	**Monthly**	**Twice-Monthly**	**Bi-Weekly**	**Weekly**
48 Contiguous States, D.C., Guam and Territories					
1	$21,775	$1,815	$908	$838	$419
2	29,471	2,456	1,228	1,134	567
3	37,167	3,098	1,549	1,430	715
4	44,863	3,739	1,870	1,726	863
5	52,559	4,380	2,190	2,022	1,011
6	60,255	5,022	2,511	2,318	1,159
7	67,951	5,663	2,832	2,614	1,307

8	75,647	6,304	3,152	2,910	1,455
Each Add'l family member add	+ $7,696	+ $642	+ $321	+ $296	+ $148
Alaska					
1	$27,232	$2,270	$1,135	$1,048	$524
2	36,852	3,071	1,536	1,418	709
3	46,472	3,873	1,937	1,788	894
4	56,092	4,675	2,338	2,158	1,079
5	65,712	5,476	2,738	2,528	1,264
6	75,332	6,278	3,139	2,898	1,449
7	84,952	7,080	3,540	3,268	1,634
8	94,572	7,881	3,941	3,638	1,819
Each Add'l family member add	+ $9,620	+ $802	+ $401	+ $370	+ $185
Hawaii					
1	$25,068	$2,089	$1,045	$965	$483
2	33,911	2,826	1,413	1,305	653
3	42,754	3,563	1,782	1,645	823
4	51,597	4,300	2,150	1,985	993
5	60,440	5,037	2,519	2,325	1,163
6	69,283	5,774	2,887	2,665	1,333
7	78,126	6,511	3,256	3,005	1,503
8	86,969	7,248	3,624	3,345	1,673
Each Add'l family member add	+	+	+ $369	+ $341	+ $171

	$8,843	$737			

ماهو Maximum Monthly Allowances (MMA) ؟

هي كمية الأطعمة التكميلية المسموح أخذها شهريا للأطفال والنساء والرضع.

الأطفال والنساء:

Maximum Monthly Allowances of Supplemental Foods for Children and Women				
Foods	Children	------------------Women---------------------		
	Food Package IV: 1 through 4 years	Food Package V: Pregnant and Partially Breastfeeding (up to 1 year postpartum)	Food Package VI: Postpartum (up to 6 months postpartum)	Food Package VII: Fully Breastfeeding (up to 1 year post-partum)
Juice, single strength	128 fl oz	144 fl oz	96 fl oz	144 fl oz
Milk [2]	16 qt	22 qt	16 qt	24 qt
Breakfast cereal [3]	36 oz	36 oz	36 oz	36 oz

Cheese				1 lb
Eggs	1 dozen	1 dozen	1 dozen	2 dozen
Fruits and vegetables	$6.00 in cash value vouchers	$10.00 in cash value vouchers	$10.00 in cash value vouchers	$10.00 in cash value vouchers
Whole wheat bread [4]	2 lb	1 lb		1 lb
Fish (canned) [5]				30 oz
Legumes, dry or canned and/or Peanut butter	1 lb (64 oz canned) Or 18 oz	1 lb (64 ounce canned) And 18 oz	1 lb (64 ounce canned) Or 18 oz	1 lb (64 ounce canned) And 18 oz

[1] Refer to the regulatory requirements for the complete provisions and requirements for WIC foods.
[2] Allowable options for milk alternatives are cheese, soy beverage, and tofu.
[3] At least one half of the total number of breakfast cereals on State agency food list must be whole grain.
[4] Allowable options for whole wheat bread are whole grain bread, brown rice, bulgur, oatmeal, whole-grain barley, soft corn or whole wheat tortillas.
[5] Allowable options for canned fish are light tuna, salmon, sardines, and mackerel.

الرضع:

Maximum Monthly Allowances of Supplemental Foods For Infants In Food Packages I, II and III						
	----Fully Formula fed----		----Partially Breastfed----		----Fully Breastfed----	
Foods	**Food Packages I and III A: 0-3 months B: 4-5 months**	**Food Packages II and III 6-11 months**	**Food Packages I and III A: 0 to 1 month B: 1-3 months C: 4-5 months**	**Food Packages II and III 6-11 months**	**Food Package I 0-5 months**	**Food Package II 6-11 months**

WIC Formula	A: 806 fl oz reconstituted liquid concentrate B: 884 fl oz reconstituted liquid concentrate	624 fl. oz. reconstituted liquid concentrate	A: 1 can powder B: 364 fl oz reconstituted liquid concentrate C: 442 fl. oz. reconstituted liquid concentrate	312 fl. oz. reconstituted liquid concentrate		
Infant cereal		24 oz		24 oz		24 oz
Baby food fruits and vegetables		128 oz		128 oz		256 oz
Baby food meat						77.5 oz

[1] Refer to the regulatory requirements for the complete provisions and requirements for infant formula and infant foods in the WIC food packages.
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تحميل ملف PDF

الأطفال والنساء:

Snapshot-WIC-Children-WomenFoodPkgs.pdf

الرضع:

Snapshot-WIC-InfantFoodPkgs.pdf

توجيهات ونصائح طبية لفائدة الرضع على مختلف أعمارهم الأقل من 12 شهرا:

Newborn
http://www2.ed.gov/parents/earlychild/ready/healthystart/newborn.pdf

One Month Old
http://www2.ed.gov/parents/earlychild/ready/healthystart/onemonth.pdf

Two Month Old
http://www2.ed.gov/parents/earlychild/ready/healthystart/twomonth.pdf

Three Month Old
http://www2.ed.gov/parents/earlychild/ready/healthystart/threemonth.pdf

Four Month Old
http://www2.ed.gov/parents/earlychild/ready/healthystart/fourmonth.pdf

Five Month Old
http://www2.ed.gov/parents/earlychild/ready/healthystart/fivemonth.pdf

Six Month Old
http://www2.ed.gov/parents/earlychild/ready/healthystart/sixmonth.pdf

Seven Month Old
http://www2.ed.gov/parents/earlychild/ready/healthystart/sevenmonth.pdf

Eight Month Old
http://www2.ed.gov/parents/earlychild/ready/healthystart/eightmonth.pdf

Nine Month Old
http://www2.ed.gov/parents/earlychild/ready/healthystart/ninemonth.pdf

Ten Month Old
http://www2.ed.gov/parents/earlychild/ready/healthystart/tenmonth.pdf

Eleven Month Old
http://www2.ed.gov/parents/earlychild/ready/healthystart/elevenmonth.pdf

Twelve Month Old

http://www2.ed.gov/parents/earlychild/ready/healthystart/twelvemonth.pdf

لائحة الأطعمة الموافق عليها حس كل ولاية:

State	Links
ACL	Acoma, Canoncito,and Laguna
Alabama	Approved Foods webpage
Alaska	Approved Foods webpage Vendor food lists
American Samoa	
Arizona	Approved Foods webpage
Arkansas	Food Packages webpage
California	Authorized Foods Food Lists Database
Cherokee Indians, Eastern Band of	Approved Foods list
Cherokee Nation of Oklahoma	WIC Food Card

Cheyenne River Sioux Tribe	
Chickasaw Nation	
Choctaw Indians, Mississippi Band	
Choctaw Nation of Oklahoma	
Citizen Potawatomi Nation	
Colorado	Allowable Food List webpages -- Information for Families -- Information for Retailers
CNMI	Commonwealth of the Northern Mariana Islands
Connecticut	Approved Food List - English Approved Food List - Spanish
Delaware	WIC Food Brochure
District of Columbia	Approved Foods webpage Authorized Foods list Authorized Fruits and Vegetables list
Eastern Shoshone	
Eight Northern Indian Pueblos Council	
Five Sandoval Indian Pueblos	
Florida	WIC Program Info page WIC Food Package Info page
Georgia	WIC food package info page Food list - English Food list – Spanish
Guam	WIC food list for clients
Hawaii	WIC Allowed food list
Idaho	WIC Allowed food Lists - English WIC Allowed Food List - Spanish
Illinois	
Indiana	Participant food card - English Participant food card - Spanish Vendor food card Formulas card
Indian Township Passamaquoddy Reservation	
Inter-Tribal Council of Arizona	WIC food list
Inter-Tribal Council of Nevada	WIC approved food list WIC approved food list
Inter-Tribal Council Inc. of Oklahoma	WIC Foods and Participating Stores Pocket Guide
Iowa	WIC Approved Foods - info for families WIC Approved Foods - info for vendors
Kansas	Approved Foods WIC Program Booklet - English WIC Program Booklet - Spanish
Kentucky	WIC food list
Louisiana	WIC food package information

Maine	WIC Approved Foods
Maryland	WIC food packages information (includes food packages food lists)
Massachusetts	WIC food information and list
Michigan	WIC food package information
Minnesota	WIC foods information
Mississippi	Food List
Missouri	Approved Food Lists
Montana	Program Booklet for Participants Authorized Food List
Muscogee (Creek) Nation	
Navajo Nation	
Nebraska	WIC Approved Foods
Nevada	Vendor info and links to food package information
New Hampshire	Food Packages information
New Jersey	Food Packages information Food list links
New Mexico	List of approved foods and brands WIC eligible foods – English
New York	Acceptable Foods information
North Carolina	WIC Foods Information Approved Foods List
North Dakota	Food List webpage
Northern Arapaho	
Ohio	Authorized Foods webpage (include links to documents)
Oklahoma	Approved Foods webpage
Omaha Nation	
Oregon	WIC Foods webpage (including links to English, Spanish, Russian, Vietnamese, Chinese or Somali)
Osage Nation	Allowable Foods
Otoe-Missouria Tribe	Food Packages
Pennsylvania	Food List -English Food List - Spanish
Pleasant Point Passamaquoddy Reservation	
Pueblo of Isleta	
Pueblo of San Felipe	
Pueblo of Zuni	
Puerto Rico	
Rhode Island	Food Guide - English Food Guide - Spanish
Rosebud Sioux Tribe	
Santee Sioux Tribe	
Santo Domingo Tribe	
Seneca Nation	

South Carolina	Information about WIC foods WIC Food Guide
South Dakota	Food Guide - English Food Guide - Spanish
Tennessee	WIC Approved Foods for Infants - English WIC Approved Foods for Infants - Spanish WIC Approved Foods for Women and Children - English WIC Approved Foods for Women and Children - Spanish
Texas	Approved Foods (links to various shopping guides)
Three Affiliated Tribes	
Utah	Authorized Foods webpage Authorized Foods Booklet - English Authorized Foods Booklet - Spanish
Ute Mountain Ute Tribe	
Vermont	WIC Foods information Approved Foods List
Virginia	Approved Food Lists - English Approved Food Lists - Spanish
Virgin Islands	
Washington	Approved Foods information
WCD Enterprises, Inc.	Wichita, Caddo, and Delaware Tribes
West Virginia	WIC foods Approved food list

Winnebago Tribe	
Wisconsin	Approved Foods webpage
Wyoming	Authorized foods